

# GRAPEVINE

## VISITACION VALLEY

VOL. 1, NO. 2

SERVING OUR COMMUNITY

SEPTEMBER 1986

### Youth Violence is a Cycle That Can Be Broken

By John Yarling

Acts of violence by young people appear to be rising in Visitation Valley - and some experts believe that abusive behavior begins in the home.

Many people are increasingly apprehensive about leaving their homes. The elderly have been especially hard-hit by this phenomenon.

The issue has also sparked debate between those who believe harsher punishment will reduce violent behavior by youth, and those who believe that harsh or violent acts against youth are the cause of their aggressiveness.

Local comedian and Youth Guidance Center Counselor, Michael Pritchard and Rachel Eason, director of the Visitation Valley Family Child Care Center, are closely involved with youth and their problems daily.

Pritchard, whose comic routines center on family issues, is also a Board member of the national Drug-Free Youth Program headed by Nancy Reagan.

Eason sees first hand how young people's attitudes and self-esteem are altered

from parental abuse.

Both agree that abusive behavior patterns start at home and eventually lead to a lack of confidence and lowered self image.

"Kids become used to loose parenting and influence from peer groups," Pritchard said. "Often the members of such groups share anger and fear, citing the terror many youth in the City experience from gun-toting drug dealers so prevalent on many streets."

"The average teenager in America spends seven and a half hours daily watching television, but receives only two and a half minutes of guidance from adults," Pritchard said. Eason agreed, saying this is true for many children from the earliest ages. "Problems related to family breakdown or the abuse of drugs or alcohol by parents leave many children without the guidance and affirmation they need to develop their confidence," She said. She fears that many part-time parents do not see the need to be role models in their children's lives.

Continued to Page 8



### Seniors and Kids Treated to Hawaiian Barbeque

By Mary Lou Wagner

Members of Visitation Valley Senior Transportation Escort Service Advisory Council and the Ko-yu-Se Camp-fire Club were honored on August 12 by a festive luau co-sponsored by VVSTES Advisory Council and Barbara and Patrick Maguire, owners of the Hawaiian Barbeque & Luau Food where the luncheon was held.

John King, Director of the Senior Escort Service,

congratulated the Senior Advisory Council and Ko-yu-se boys and girls for their work together on community gardens and the Bay Cuisine fundraising luncheon where youngsters and seniors worked and ate together.

Future projects planned by these two groups include a mural depicting the Valley history on the walls of V.V. Elementary School and developing the school garden almost directly across the street from Senior

Continued to Page 8



S. F. ALIVE CLEAN UP DAY - AUGUST 2 - VALLEY YOUTH PAINT OUT GRAFFITI AT VISITACION VALLEY ELEMENTARY SCHOOL. FOR PHOTOS AND STORY, SEE PAGES 4 & 5.

### FROM THE EDITOR

By Pat Christensen

On August 2, while Mayor Feinstein was painting out graffiti at Hahn and Sunnysdale, two punks exchanged gun shots very nearby. This incident was totally unrelated to the Mayor's presence; it was more a common occurrence.

The fact that the Mayor was present gave the incidence importance and front page coverage.

We, who live and work in Visitation Valley hear of violent attacks frequently. We accept these incidents as a way of life and, although we are fearful and quietly complain to our neighbors and friends, we feel helpless to do anything to counteract this violence.

Your community center is in the process of polling Visitation Valley people (see Page 3). Many people have returned these forms and in almost every questionnaire a mention has been made about violence and crime.

Whose problem is it? Who has the solution? In future issues of the Grapevine, we will investigate the causes of crime and violence and we will interview law enforcement officers, psychologists, and representatives of communities like ours who have effectively combated violence in their areas.

Let's let this one incidence of gunfighting be our rallying force to draw us together. We can combat crime and violence in our neighborhood. It is our duty and our right to expose criminals among us.

We can make Visitation Valley/Sunnysdale safe, secure places in which to live. Your newspaper will bring this important information to you in future issues.

**CENTERVOICE**

By Julie Kavanagh  
Executive Director

Some months ago I mentioned to you that VVCC is working on a Five Year Plan to guide and assist the Center in achieving its goals.

The plan will take about a year to complete and will map our progress for the next 5 years, yet be flexible enough to allow us to add to and revise it as we need to. The beauty in this process is that it allows the community to take part in our planning.

This will surely result in some achievable and measurable goals that will help us give the residents of the Valley what is wanted and needed by them, and not what is dictated by some funding agency or bureaucrat downtown or in Sacramento.

It means also that the survival of the Center with its responsiveness to your needs doesn't depend solely on one or two personalities.

We are your Center. We are directed by your own neighbors, who are elected

by our general membership and who make all the decisions regarding the policies by which the Center is operated.

What can we be? Anything you want or need us to be! recent surveys we conducted showed that some of the problems you are concerned by are crime, vandalism, jobs and transportation. This fall, VVCC will be a sponsoring agency for the MISY Youth Jobs Program in the Valley.

Your director is working as the Membership Chair of the S. F. Paratransit Coordinating Council to improve transportation services to our neighbors, and is also coordinating the planning of the November 1986 Annual Meeting which will address this very issue. As participants in the Visitation Valley School Age Coalition, Valley United and the Merchants Association, as well as the MISY Program, Theatre-Works and other projects, we are addressing all these problems in a positive manner.

WON'T YOU JOIN US? We need new members. We need volunteers. We need advice and support for our efforts.

Let us know if you think we are doing a good job...or if we are in need of improvement.

FILL OUT THE SURVEY PRINTED ON PAGE 3 AND RETURN IT TO US. LET US KNOW, TOO, IF YOU CAN HELP US IN ANY WAY.

Call 467-6400 for membership information. Thank you for your interest and help.

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VISITACION VALLEY



**LETTERS TO THE EDITOR**

*Interesting Wildlife Lives at Candlestick*

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John Gregson  
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**S.F. Alive—Plaudits**

The community spirit evident on August 2 and August 5 in Visitation Valley and Sunnydale was heart-warming! For the first time in a number of years, neighbors, senior citizens and youngsters worked together to clean up their community. I extend a GIGANTIC THANK YOU to each of you.

We are pleased that Mayor Feinstein's San Francisco Alive came to our Valley... the catalytic ripple of this program will certainly continue as we pledge vigilant watchfulness and regular clean up activities; taking pride in maintaining our "renewed" community environment.

Thank you San Francisco Alive and Jim Wunderman, Lewis Lillian, the YGC, OPW, SHERIFF'S PROGRAM, SF CONSERVATION CORPS, OELANCEY STREET FOUNDATION, CARLS JR., THE POLICE DEPARTMENT, AND ALL OTHER GROUPS - and three cheers for the Mayor's personal participation and encouragement.

ANNE KAARTUNEN  
Community  
Volunteer  
Peabody Street

**Trees for VisValley**

FRIENDS OF THE URBAN FOREST with your assistance --will provide a tree of your choice; --help prepare your sidewalk; --assist in planting; --give one year's maintenance; --teach you to care for your tree for only \$20.00 per tree.

If we can get a minimum of 40 people to sign up, we can plan a meeting and begin our tree planting.

If you are interested, call 468 0465 and leave your name, address and phone number on the tape.

JUDITH KLEIN  
Teddy Avenue

At the present time our community has one of the wildest parts of San Francisco - Candlestick State Recreation Area.

Among the San Francisco natives I observed or was told in habit this area are California Jackrabbit, Burrowing Owl, Western Fence Lizard, California Ground Squirrel, Pacific Treefrog, Western Garter Snake, Gopher snakes, California Meadow Lark, Raccoon, Grey Fox, Northern Alligator Lizard, Turkey Vultures and Marsh Hawk.

The State plans to develop this park which may endanger these wild friends.

Please let's do what we can to keep that area as wild as it can be. Let's modify the development plans for the Park to protect these species.

ALBERTO KURZ  
Demontfort St.

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50 Raymond Avenue  
San Francisco, CA 94134

## SUNNYDALE UPDATE

### Tenants Association & S.F. Alive

In a repeat visit, Mayor Dianne Feinstein spent Wednesday, August 6th with adults and children who live in Sunnydale Apartments.

Walls were painted and sidewalks and streets were swept. The Mayor also brought with her trees and plants from the Recreation and Parks nurseries. Mel Baker of the Urban Forestry Department instructed the crowd on planting methods for the trees and flowers and how to care for them.

Accompanying the Mayor from city government were Jim Clay, Director of the San Francisco Housing Authority, Jim Thomas, Manager of Sunnydale Apartments and volunteers, Rich Myron, Ben Santana and Harvey Drake, Housing Authority painters, who donated their free time to work on the project.

### State Pre-School Program

The Sunnydale State Pre-School Program began its new

semester on August 18, but there are still some slots open for children ages 3 - 5 years.

According to Clara Starr, director of the program, any child is eligible with tuition for low income families based on a sliding, affordable scale. It is required that a parent of each child must work at the school one day per week for 3 hours each day.

The school is open from 9:00 a.m. to 12 Noon, five days per week. Lunch and a snack are provided.

For information call 585-3081.

### Head Start Home-Based Program

The San Francisco Head Start Home-Based Program is for low income families with children ages 3 and 4 and children with special needs.

Parents and the home they provide have the greatest effect on a child's growth and development. Home-Based can show you how to make the most of your own skills and daily routine to help your

children be all they can be.

Parents will also have an opportunity to share with other families, get together for children's play groups, go on outings to new places, learn about community resources, and have fun doing it all.

Bilingual (including Cantonese, Laotian, Cambodian, Vietnamese, Samoan, Spanish)

and English-speaking family advocates serve families in Visitacion Valley as well as the Tenderloin, Hunters Point, and the Mission.

Weekly home visits focus on the needs and goals the parents have for themselves, their children and other family members.

Join Head Start Home-Based by calling (415) 885-4859.

## Speaking of Health

### Cholesterol—A View From Inside Out

Were you to look through a healthy artery, it would be much like gazing down a length of rubber tubing. The interior is smooth with a consistent roundness; the outer covering is strong and elastic.

In most instances, the link between the cause and effect of an artery's deterioration is dietary cholesterol.

Unused cholesterol has no viable role in the body. Left on its own, it is carried through the bloodstream by other components, eventually lodging itself on portions of an artery's interior walls.

The ultimate result of this artery damage may range from heart attacks to crippling strokes or death.

IT DOESN'T HAVE TO HAPPEN

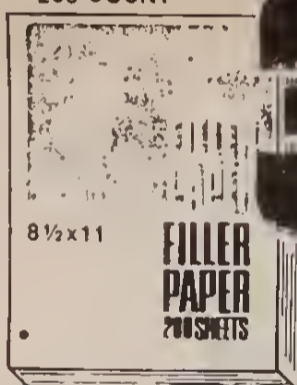
Limit your fat intake. Use fish and skinless poultry. Trim your red meats and only use lean cuts. Egg consumption should be limited to no more than two twice a week.

Exercise, weight loss and the addition of dietary fiber also reduces cholesterol.

Diets of children should contain low cholesterol and high nutrition.

Excerpted from HEALTH MATTERS, a publication of HealthAmerica

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# Neighbors Join To Clean Up



On Saturday, August 2, more than 200 Visitacion Valley/Sunnydale residents joined by Mayor Dianne Feinstein and volunteers from Delancey Street, S. F. Youth Conversation Corps, SFPD, Sheriff's Dept. and "graffiti artists" from Youth Guidance Center, all pulled together by SAN FRANCISCO ALIVE began a Valley-wide clean-up campaign.

Best Wishes to Visitacion Valley Grapevine

## JOIN

### Your Community Center

- Family School Program
- Youth Program
- Community Garden Project
- Food Distribution
- Theatre Works
- Valley United
- Senior Activities
- Bingo

Visitacion Valley Community Center  
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## SUNDAY BINGO

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## WHEN THE VALLEY WAS YOUNG

By Len Appiano

As a new city slowly grew from the ashes of the 1906 earthquake and fire, San Francisco's steadily increasing population expanded both west and southward.

In progressing years, the once prevalent wide-open spaces of Visitacion Valley gave way to its now familiar pattern of square block housing.

Large acreage ranches and vegetable gardens were subdivided into housing lots as families moved to what Florence Friedman affectionately called "the valley of the good neighbor."

Witnessing her neighborhood's growth, the late instructor and community leader once related, "There's a vacant lot, a house is built, then somebody moves in. First he becomes a neighbor, and then he becomes an acquaintance, and then maybe he becomes a friend."

After her parents' South Park home was destroyed in the 1906 inferno, Ellen Larsson, 80, and her mother lived with friends while her father built a new house on Wilde Avenue.

Ellen attended Visitacion Valley Elementary and later became a career business-woman.

With two younger sisters and a brother, Larsson enjoyed hiking on San Bruno Mountain.

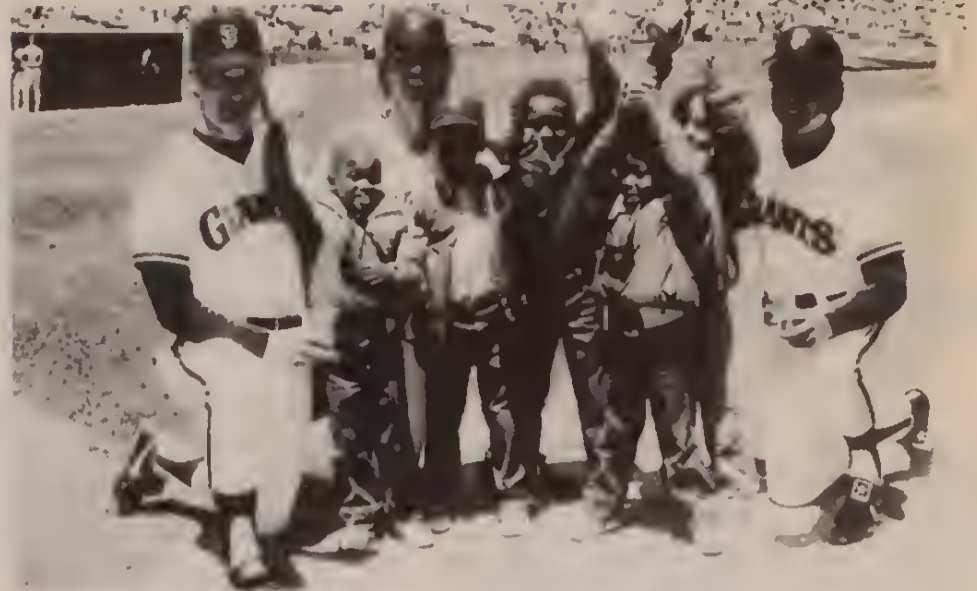
She fondly remembers going to a small nickelodeon on Bayshore Blvd. and Leland Avenue. "We would go whenever my parents could spare the money," she said.

Gen Sechini, 80, remembers coming to the Valley with a high school friend one Sunday night to attend a neighborhood dance in a basement.

"There were wine barrels against the wall to sit on," she said, "and they had a guy with an accordion playing the music upside down."

Gen met her husband, then a valley ranchhand, while dancing.

After living briefly on a ranch, the couple moved in 1920 to a house on Britton Street. Three children later, she still lives in the valley.



KIDS FROM VISITACION VALLEY DAYCARE CENTER WITH THE AID OF S. F. GIANTS PLAYERS HARRY SPILMAN, JIM GOTT AND LUIS QUINONES (l/r) SHOW THE TYPES OF FOODS FANS WERE ASKED TO DONATE AUGUST 16 & 17 AT THE GIANT-DOOGER GAMES. MORE THAN 3 TONS OF FOOD WAS COLLECTED. VISITACION VALLEY COMMUNITY CENTER IS A DISTRIBUTION POINT FOR THE FOOD BANK.

## Peer Tutoring Offered at Valley Middle School

The Peer Tutoring Program at Visitacion Valley Middle School is very special because those being tutored think of their tutors as friends - and well they may. The tutors are not much older than the tutees.

Eighth graders tutor sixth grade students, and often a special kind of relationship develops between the tutor and the tutee.

Currently, there are 34 peer tutors and 40 tutees.

Students are recommended by their teachers for tutoring in English, reading and math. ESL (English as a Second Language) is also a tutoring subject. Tutors complete four training sessions before facing their first student.

Tutoring takes place each Wednesday during 3rd period. Tutees are given specific assignments by their teachers.

Both tutors and tutees benefit from this program.

## How Can Our Community Be Improved?

WE ARE WORKING ON PLANNING COMMUNITY CENTER SERVICES AND FOCUS OF EFFORTS FOR THE NEXT FIVE YEARS - AND BEYOND. WE ASK YOU FOR YOUR HELP IN THIS ENDEAVOR...WE NEED TO KNOW WHAT YOU THINK WE SHOULD BE DOING. PLEASE ANSWER THE QUESTIONS BELOW. YOU CAN LEAVE THE FORMS IN BOXES AT VALLEY SUPER, COMMUNITY BOARDS OR OUR BRANCH PUBLIC LIBRARY - OR YOU CAN BRING THEM TO THE COMMUNITY CENTER OFFICE.

THANK YOU FOR YOUR HELP.

HOW IMPORTANT IS THE CENTER AND ITS PROGRAMS TO YOU?

Very Important \_\_\_\_\_ Important \_\_\_\_\_ Helpful \_\_\_\_\_ Not Very \_\_\_\_\_ Don't Need it \_\_\_\_\_

HOW MANY IN YOUR HOUSEHOLD? \_\_\_\_\_

DO YOU RENT \_\_\_\_\_ OR OWN \_\_\_\_\_ YOUR HOME?

WHAT ARE THE TWO BIGGEST PROBLEMS IN THE VALLEY TODAY?

Hunger \_\_\_\_\_ Crime \_\_\_\_\_ Housing \_\_\_\_\_ Violence \_\_\_\_\_ Vandalism \_\_\_\_\_ Lack of Work \_\_\_\_\_

Lack of Education \_\_\_\_\_ Neighbors Don't Care \_\_\_\_\_ Neighbors Bother Us \_\_\_\_\_

Other (You Name It) \_\_\_\_\_

WHAT DO YOU WANT TO SEE VISITACION VALLEY COMMUNITY CENTER OFFER AS PROGRAMS & SERVICES FOR THE NEIGHBORHOOD?

\_\_\_\_\_

WHAT KINDS OF STORES OR BUSINESSES WOULD YOU LIKE IN OUR COMMUNITY? \_\_\_\_\_

\_\_\_\_\_

# CALENDAR

## SEPTEMBER

SEPT. 3: School Opens - full day - breakfast & lunch service.

SEPT. 4: Tailoring/Dressmaking class. 9:30 a.m. to 3:00 p.m. at Community Center. Instructor Helen Rago from S. F. Community College Skills Ctr. Open to anyone 18 & over. No Fee.

SEPT. 13: Heart-healthy cooking demonstrations by Edward Walder, chef at the Mark Hopkins Hotel from 11:00 am to 2:00 pm. SAFEWAY at 1818 Ocean Ave and at 2300 Mission with Joseph Curilla, Executive Chef at Sheraton Palace Hotel. Sponsored by American Heart Association.

SEPT. 15: Nadine's Rhythmic's - simple exercises in jazz dance and aerobics for beginning and intermediate levels. Classes held Mon. and Wed. from 5-6 pm at VVCC. \$2.50 each or \$15.00/mo. Call 467-6400 or 467-5752 after 4 pm.

SEPT. 18: Reception for Ramon Cortines, new superintendent of San Francisco Unified School Dist. VVCC Gym at 7:00 p.m. Everyone's invited.

SEPT. 20: A DAY AT THE RACES - a fund-raising event for VVCC. All-you-can-eat lunch in the Club House, train ride round trip with champagne, admission to track with program. \$25.00 per person Call 467-6400 for reservations.

## OCTOBER

OCT. 11: Community Boards' Tenth Anniversary Celebration, 11 am - 2 pm. - Luau Talent Show, Free Entertainment, Music, Games. Food available from Hawaiian BBQ. Leland Avenue bet Rutland & Peabody. Every welcome.

OCT. 16 - OCT. 30: Community Boards Fall Training, 7 sessions, FREE, FUN USEFUL. To enroll or for info call 239-6100 or come to 161 Leland Ave.

OCT. 24: CANDIDATES NIGHT - Prepare to vote on Nov. 4 - Meet the candidates at the Community Center, 7:30 pm. Everyone is invited.

COMMUNITY GROUPS ARE INVITED TO SUBMIT PRESS RELEASES TO THE GRAPEVINE FOR THE CALENDAR. DEADLINE 20TH EACH MONTH.

## Candlestick Point State Park— Become a Bird Expert

By Alex Weiss, Chief Ranger

Seagulls are probably the most commonly seen birds around Candlestick Point and everywhere throughout the Bay. But seagulls come in many varieties which are difficult to tell apart even for experienced birders.

The juvenile seagulls (the brownish ones) are almost impossible to tell apart... much like banana slugs. Adult seagulls have certain identifiable markings.

The three most commonly seen seagulls around the Bay are the Western Gull, the Herring Gull and the California Gull.

If the gull you see has a dark, almost charcoal, back, it can only be the Western Gull. The Herring and Cali-

fornia gulls both have light grey backs. Of these two light gray-backed gulls, the Herring Gull has pinkish feet.

If the gull with a light gray back has yellowish-greenish feet instead of pinkish feet, then it's the California Gull.

Impress your friends with this new knowledge, come on out to Candlestick, bring your friends, and give them a gull identification test.

At Candlestick, you can check out the Seagulls and many other birds, fish, fence lizards and jack rabbits. Give it a try!

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Resume to: Search Committee  
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Counselor - MISY Program to develop and fill 30 youth jobs. Call Julie at 467-6400 for information.

The GRAPEVINE has jobs as follows:

CIRCULATION MANAGER  
\$50.00/mo.

Volunteers and Student Interns are needed as:

- REPORTERS
- EDITORS
- CARTOONISTS
- COLUMNISTS
- PHOTOGRAPHERS
- GRAPHIC & PRODUCTION ARTISTS
- SPORTS WRITERS
- TYPISTS
- PROOFREADERS

**Announcement**

THE SAN FRANCISCO FAIR is coming with its wonderful urban-oriented contests.

The Home-Grown Contest sponsored by San Francisco Urban Gardeners (SLUG), the Valley's guardian angels of community gardens, has entry forms for your humongous zucchini, pumpkin or tomato.

The Community Center is creating a couple of Urban Scarecrows hoping to win the \$200.00 first prize. Willing workers are needed. Contact Hyoka at 467-6400 for information on either contest.



Continued from Page 1

The absence of parental care and love is as damaging as parental abuse for children, Pritchard and Eason agreed. Pritchard said that escalation of violence only results in more violence and eventually, intervention by the criminal justice system. "Escalate violence and then lock them up," he said when describing the pattern of dealing with aggressive youth. Though many young people involved with the criminal justice system come from homes in which one or both parents are absent, that is not the real problem. "The crime is not that a parent is missing;" he said, "the crime is not to have love."

Eason believes parents need to be aware of the anger they express in front of their children, and Pritchard said while parents may resort to physical punishment against their children, it must be consistent and be used for a purpose, not just to express anger.

"Encouragement is a vital ingredient for child-rearing. Even the youngest children need more positive role models," Eason said. "They can use these models against

the negative influences they are exposed to on the streets and in the media. Martin Luther King, Jr. is a hero to kids in our school. They need more models like him," she said.

According to Pritchard, statistics show as much as 60% of violent crime is committed by young adults and teens. Over a third of these crimes are committed by just 5% of the criminals however. He feels that law enforcement should focus on the 5% who are career criminals, getting them off the street. He noted that according to statistics, criminals are less interested in committing crime after the age of 35.

Pritchard does not see the solution to the issue by increasing or harshening the punishment against most of the youth involved in violence. "More aggression will not answer aggression," he said.

Opening lines of communication with youth and helping them choose available opportunities can stem the rise in aggressive behavior. "Average ordinary kids need our compassion," Pritchard said.

**Barbeque Hawaiian**

Continued from Page 1

Escort Services offices.

Supervisors Willie Kennedy, Richard Hongisto attended the party and aides from Louise Renne's office presented awards to VVSTES and Ko-yu-se.

An award was presented to VVSTES by Campfire Clubs for its participation in this intergenerational program.

The Hawaiian Barbeque provided wonderful food and a festive polynesian atmosphere and the Senior Advisory Council prepared the succulent potato salad while the Camp Fire boys and girls made the cookies for dessert.

Young, old and middle-aged people had a great time together...may it continue and grow.



**WELCOME TO YOUR FRIENDLY NEIGHBORHOOD STORE**

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- Coors Beer—12 pack—12 oz. 5.19 + tax
- Milwaukee Best Beer—12 pack—12 oz. 3.69 + tax
- Shasta—2 litres 1.09 + tax
- Nehi—2 litres 1.09 + tax
- Colortex Toilet Tissue—2 ply—4 rolls .99 + tax

**Store Hours 8:00 a.m. to 10:00 p.m.**